

The Simsbury Senior Center

An Active Place to Retire

For All Adults Over 50

The September & October 2007 Newsletter



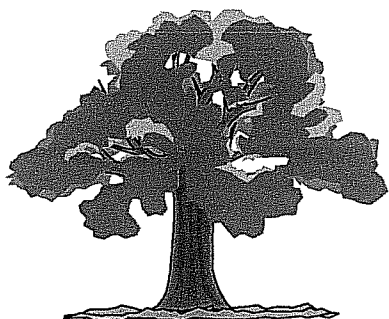
"The Communicator" for the Simsbury Senior Center

Phone: 651-9161
Eno Memorial Hall
754 Hopmeadow Street
P.O.Box 495
Simsbury, CT 06070

**Hours: Monday – Friday
8:30AM - 4:30 PM**

Website:
www.simsbury-ct.gov/seniorcenter.htm
Fax: 408-7046

Coordinator Kathleen Marschall
Clerk: Mary Riek
Office Volunteers: Helen Muszynski
Joan Newton Dale Hucker
Ellie Hankard Ruth Fuller
Ann Marroni Carole Bassett
Sally Summa



WHAT'S NEW!

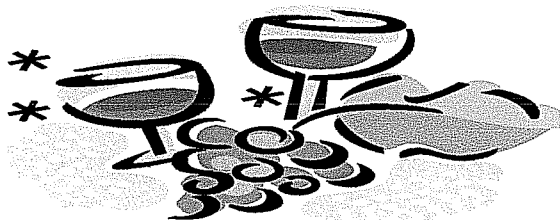
Simsbury Senior Center Coordinator Kathleen Marschall

Please drop by the Senior Center to welcome our new Senior Center Coordinator, Kathleen Marschall. Kathleen joins the Social Services Department staff after working with the Windsor Senior Center as its Senior Center Coordinator. Kathleen is anxious to begin work in Simsbury, and is looking forward to meeting all of our dynamic seniors. Stop by the Center and say hello!

TRIPS

THE HARVEST TOUR - OCTOBER 18

Spend a beautiful fall day exploring the scenery of Northeast Connecticut, open fields and stone walls! We will enjoy lunch at the Harvest Inn in Pomfret built in 1765. Following lunch we will visit the G & L Christmas Barn and then travel on to Colchester to the Priam Vineyards for a wine tasting. All of this for only: **\$68/ person. Checks payable to Town of Simsbury.** The bus departs at **9:30AM** from the Iron Horse parking lot behind Bank of America. **Register now at the Senior Center office.**



JUMP ON BOARD TRIPS: SEE SPECIAL FLIER

REMINDERS

DON'T FORGET: **Policemen's Picnic** Wed., Sept. 5, 12:00 at the Ice Rink. **Registration ends Friday, August 25th or before if the cut-off limit has been reached.** This Picnic, sponsored by Simsbury Police Dept., is for **Simsbury Residents only.**

OTHER EVENTS

Coffee Forum – Monday, October 1st at 10:30 Rick Walker from The Joint, a chiropractic service, will be joining us. For several months we have presented this chiropractic service at the Center. Now come and hear just what it is all about. Rick will explain the service, what it does and does not do, and what insurance help is available.

FILM FEST – meet at 1:30 in the Blue Room on the following Thursdays. **Seats limited to 12. Call to reserve your place.**



9/27	<i>Little Miss Sunshine</i>
10/25	<i>Herbie Fully Loaded</i>

SOUPER TUESDAY LUNCHEONS* - Please stop in the Senior Center office to register* for the first lunch, October 23. Cost: \$2. Following lunch will be the very famous "Fashion Show"!

***NOTE: REGISTRATION PROCEDURES ***

A \$2.00 fee will be assessed during registration. **Registration ends 1 week before the day of the Souper lunch.** On the day of the luncheon, when you come to the welcome table for your nametag, you may register for the next lunch at that time. Should you be unable to come to the lunch please call 1-week ahead to cancel your reservation, or your \$2.00 will be collected and placed in the Aging and Disability Commissions donation account to help support future Souper Tuesdays. **NOTE: NO Souper Tuesday in September.** **Next Souper:** October 23 Soup sandwich and dessert and followed by the "Fashion Show"



St Mary's Thanksgiving Luncheon

Wed., November 14. Doors open at 11:30. Lunch at 12 noon. Registration is necessary. Call 651-9161 or stop in the office.

SIMSBURY SENIOR HOUSE OWNERS OPTIONS FOR OLD AGE - by Bill Willett. If you are interested in a discussion of what options and resources are available to us if we elect to stay in our own homes in our declining years, this group could be for you. Our next meeting is **on September 6 at 2:00.** If you'd like to be included, please sign the Stay in Home interest sheet at the Simsbury Senior Center.

CLASSES & SEMINARS

All registrations for activities will be done on a **PRE-REGISTRATION** basis either in person or by mail with your check made payable to "*Town of Simsbury*" unless otherwise noted. If mailing registration, please include **ACTIVITY**, your **NAME**, **ADDRESS**, and **PHONE NUMBER** with payment. **NOTE:** Scholarships are available for those who need assistance. Call or see the Center Coordinator for assistance and confidentiality.

Registration Deadline for all classes is 2 days prior to the start date.

Non- residents will be charged an additional \$5 fee for all classes and trips.

55-ALIVE DRIVING COURSE - is open to all drivers 50 years and older. This course is given over a 2-day period, 4 hours each day. After taking this test-free course, many insurance companies may give a discount on your auto policy. Sponsored by AARP. Enrollment is **limited**. **Dates: November 29 & 30, 9-1pm.** Cost: \$10.00. Pick up your registration form at the Senior Center. It must be mailed by you to the instructor. ***Registration closes 7 days before the class date.**

BIRD WATCHERS - Join Len Kendall and Roger Preston for a morning of watching and searching for the various migratory birds here for the fall. Please register by calling 651- 9161.

Wed. 9/12	Great Pond	9:00
Wed. 9/26	Helen's Way (off Iron Horse)	9:00
Wed. 10/3	Great Pond	9:00

BOOK CLUB - Sept. 26 and Oct. 24 at 10:00. Join Mary Jane Springman at the Simsbury Senior Center to discuss these books:

9/26	<i>The Sparrow</i>	Mary Doria Russell
10/24	<i>Mayflower: A Story of Courage, Community and war</i>	Nathaniel Philbrick

CERAMICS – is taught by ceramic-enthusiast Gloria Cerniglia. A variety of pieces are available for purchase and can be made in a few short weeks. Classes meet on Tuesdays, 10:30-noon, & 12:30-2:30. **Come in the morning, afternoon or all day (bring your lunch).** New Session Begins 9/18 – 12/11. (no class 10/23) Cost: \$12 class fee plus \$12 material for total of **\$24.**

GET COOKING WITH ELAINE - Join Elaine Howland from Sur La Table on the following Fridays as she cooks and then sample the results. Cost: \$4.00/ Person/ class.
Time: 10-11 Reservations required
Sept. 21 – Have Picnic Will Travel
Oct. 19 – Apple Season

INTONATIONS – Professor Greg Babal will guide all levels, even the most experienced will develop new skills. The emphasis of this choral group is fun, while singing songs of the senior era with performances at local senior facilities. Meets **Wednesdays, Sept. 19 – Dec. 5, 10am - noon.** Cost: \$20.00. (No class 10/24 or 11/21)



PAINTING WITH DEBBIE – Debbie Leonard, a local artist, specializes in teaching shapes and color and how to train your eye. No previous experience needed. You choose your favorite medium: watercolor, pastels, acrylics. Bring the appropriate painting surface for your medium. A minimum size of 16x20 please. Students should bring their own basic supplies. Find the artist in you! **Class meets Thursdays, Sept. 27-Nov.15, 10:00am-12:00pm.** Cost: \$30.

SNUGGLES KNITTING PROJECT – Calling all knitters, & crocheters, to work on Teddy Bear and blanket projects to benefit our local shelters and Police Department. **We are looking for more Teddy Bears. We need your help, so we can help others.** Bernice Lampert coordinates this project, **Mondays, beginning 9/10, 10am** at the senior center. Materials available. Call 651-9161.

STAMPING CLASS - Join instructor Marge Lenda as she shares all of her supplies, stamps and creativity with us. Please register in the office. (You will need to bring an old toothbrush) Free of charge. Call for reservations: 651-9161. **Class meets Mondays in the morning at 10:00**
Sept. 24 - Nov. 5.

WRITING WORKSHOP No writing experience required for this relaxed class. All you need are stories and memories for this guided class with fun discussions and writing projects. Bring your enthusiasm and willingness to share. **Wednesdays, Sept. 19 – Oct. 24, 10:30-noon.** Cost: \$40. Make checks payable to the instructor **Jeanne LaPierre.**

COMPUTER HELP

COMPUTER ONE ON ONE (BASICS) - Open to any level of experience. Sign up for one or more **help sessions.** Instructor, Max Horton will be available for a 1 hour block of time on 3 Fridays during the month. Windows XP, Excel spread sheets, Microsoft Word, and the internet can be discussed. Phone ahead to register for these free sessions. Call: 651-9161.



FIT FOR FALL – FITNESS CENTER

Memberships for the Fitness Room are \$5/month or \$40/annually. Due to spatial constraints, we must limit memberships to Simsbury Residents only.

Equipment available:

2 NuStep reclining steppers 1 Treadmill
1 Stair stepper 2 Stationary bikes

Fitness Room Operating Hours:

Open 5 days a week M-F 9am to 3pm

Come to the office for a fitness room pass each time. Medical release form from physician required annually. Certification for equipment use necessary to join. **Personal Trainer available for certification:** Call 651-9161 to be put on the list for the next certification training. Join Today!

MASSAGE: - AVAILABLE TWICE A MONTH! Need rejuvenation? Make an appointment today for a **15-minute massage.** Bev Harris will be available two Wednesdays (9/5, 9/19, 10/3, 10/17) each month between 10-12. Special price of \$10 / session. Call 651-9161. Checks payable to Town of Simsbury.

BOWLING - meets at Blue Fox Rock & Bowl on Tuesdays at 12:30 PM. If you're interested in joining the league or acting as a substitute, call Bill Morse at 653-6527.

FITNESS CLASSES

MONDAY/WEDNESDAY/FRIDAY 9:15 EXERCISE

CLASSES are taught by **Susan Rubenstein.**

Checks payable to **Yoga Be Fit.**

Class	Time	Cost	Dates
Exercise Mon (aerobic)	9:15-10:15 Mon	\$30	9/17-12/10 no 10/15, 10/29, 11/12
Exercise Wed (aerobic)	9:15-10:15 Wed	\$30	9/19-12/12 no 11/21, 11/28, 12/5
Exercise Fri (aerobic)	9:15-10:15 Fri	\$30	9/21-12/7 no 10/12, 11/23

MONDAY / WEDNESDAY & FRIDAY AFTERNOON

EXERCISE CLASSES are taught by **Mary Root.**

Checks payable to **Town of Simsbury.**

Class	Time	Cost	Dates
Afternoon Exercise Mon & Wed	1:00-2:00 Mon & Wed	\$35	9/17-12/12 (no 10/15, 11/7, 11/12, 11/14, 11/21, or 12/5)
Afternoon Exercise Friday	1:00-2:00	\$15	9/21-12/14 no 10/26 or 11/23

LINE DANCING – Come, “dance to the music” for 10 weeks! Instructor Jim Gregory will teach line dances from various cultures. **New session will be on Fridays, Sept 14 – Nov. 16, 1:00-2:30. Cost: \$25.00.**

YOGA – Two classes will be taught by Susan Rubenstein

Wednesday session: 10:30-11:30 9/19 – 12/12

\$50 for 10 classes (no class 11/21, 11/28, 12/5)

Friday session: 10:30-11:30 9/21 – 12/7

\$50 for 10 classes (No class 10/12, 11/23)

Class needs a minimum of 10 to run

Make checks payable to “Yoga Be Fit”

PERSONAL TRAINING

Don't ignore the research. Exercise and healthy eating do prolong an active life style. Your personal program will be designed to meet your needs under the careful supervision of Certified Personal Trainer, Anita Kershner.

Classes meet 2 days a week on **Tuesdays and Thursdays from 9am - 9:45am** at the Senior Center.

The next class begins **Sept. 18** and ends on **Nov. 29.** (no class 10/23, 10/25, or 11/22)

Cost: \$50. per person.

Checks payable to Power Perfect.



***Remember to get your Doctors note before coming in to complete your paper work!**

TAP DANCING – Trip the Light Fantastic with our tap teacher Cindy Williams. Class will be held on **Tuesdays, 9/18 – 12/5(concert) (no class 10/23 or 11/27)**, from **1:00 – 2:00**. The cost will be **\$44**. Needs a Minimum of 8 to run the class. Make checks payable to “Cynthia Williams”.

HEALTHY WALKERS PROGRAM - is run by the Farmington Valley VNA. Meets Mondays, 8-10 AM at the **International Skating Center**, 1375 Hopmeadow Street. Dress warmly. Temperature is a constant 55°. The Center will be staffed with nurses equipped to take your blood pressure and pass along tips for maintaining good health. Free of charge.

TAI CHI– This class meets with instructor Michelle Kelley for 20 sessions. Join this popular ancient Chinese form of gentle and slow exercise and movement. Improves and increases balance and relaxation. Must have minimum of 8 students in each class level in order to hold the class.

Cost: \$50

**Checks payable to Michelle Kelley.
Tuesdays & Thursdays**

Class	Time	Dates
Tai Chi Advanced	10:00-10:45 T & Th	9/11-11/29 (no 10/23, 10/25, 11/22, or 11/27)
Tai Chi Intermediate	10:45-11:30 T & Th	Same
Tai Chi Advanced Beginner	11:30-12:15 T & Th	Same
Tai Chi New Beginner	12:15-1:00 T & Th	Same

GAMES FOR THE MIND

BRIDGE - Congenial group of bridge lovers meets in the Youth Room in Eno on Mondays at 12:00 noon. Always looking for new members to join the group. Drop-ins welcome, intermediate level. For further information call 651-9161.(no 9/3)

GAME GROUP – THE CARD SHARKS: Come join the group. There will be old-fashioned fun and **CARD GAMES!** ...Canasta. Hearts, Kings in the Corner, Gin Rummy, and others...(anyone play Lamebrain Pete?)...Just come that day and we'll play, or call ahead to sign up: 651-9161. **Meet: 12:30p.m. Thursdays. (no 9/27 or 10/25)**

HEALTH FORUM

BLOOD PRESSURE SCREENING – Drop In
2nd Fridays and the last Mondays of the month

Days	Dates	Dates	Time
Fridays	Sept 14	Oct 13	12:15-1:15
Mondays	Sept 24	Oct 29	10-12

CHIROPRACTIC ADJUSTMENTS - New offering Once a month... the 1st Friday from 9:30-11:00. Back adjustments using a special refined tool. 50 % discount for seniors. Only \$10 for an appointment. Call 651-9161 to make your appointment. This service is offered through “The Joint Chiropractic Service” in Avon.

FLU SHOT CLINICS/PNEUMONIA SHOTS - Call the Farmington Valley VNA at **653-5514** after **September 1st** to make your reservation. **Flu Shots** For high-risk individuals; age 65+.

CAUTION: Individuals who have had a serious reaction in the past, or are allergic to eggs, or are currently ill with fever or respiratory complications, **SHOULD NOT RECEIVE THIS SHOT.** Consult with your doctor if you have any questions. **Cost: \$TBA** (For those with Medicare Part B as your primary insurance, bring your card.) **For appointment reservations call 653-5514 after September 1.**

65 ⁺ & Chronic Ill only	Oct. 25 from 9-12
65 ⁺ & Chronic Ill only	Nov. 7 from 1-4pm

Additional Regional Clinics to be held in Granby & Farmington. Call 653-5514 for appointments at these locations.

Farmington	TBA	
Granby	TBA	

PNEUMONIA SHOTS - It is advised for everyone over 65 to have this once in a lifetime vaccination, unless your MD prescribes otherwise. **CAUTION:** Do not take this shot if you've already had it, or

you are allergic to pneumococcal vaccine, have a fever the day of the shot, or are currently receiving radiation, chemo, or immunosuppressive therapy.

Cost: TBA (or can be covered by Medicare Part B. Please bring your card.) For other health care providers, call them concerning their policy.

Location: Eno Hall, Senior Center

For appointment reservations call 653-5514 after September 1. See Flu Shots Dates Above.

FOOTCARE - by nurse practitioners with 25 years experience in the footcare business.

Appointments are available at the Center (651-9161) **Sept. 13 & Oct. 11. Cost: \$27**



HEARING CLINIC - Connecticut Hearing Center will be in the Center to clean and service any brand of hearing aid, as well as perform general screenings for particular losses. All services are free of charge, with no obligation. Call the Center (651-9161) for an appointment. **Clinic dates: Sept. 25 & Oct. 23 beginning at 10:30.**

SKIN CANCER SCREENING - Plastic surgeon, Dr. Albert Babcock, will examine skin for tumors, spots and growths that may or may not be pre-cancerous. **Exam date: Dec. 6, 1-2pm.** Call for your free appointment.

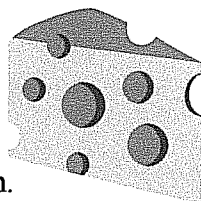
VETERAN'S HEALTH SCREENING - The VA Connecticut Healthcare System offers its **FREE** community health screening to all veterans at the **Winsted location** every Monday. **Appointments can be made by calling 1 860-738-6985.**

SOCIAL SERVICES

For the following services, contact Social Services at 658-3283.

CHEESE DAY - Fresh fruits and vegetables are given out on the 4th Wednesday of each month, 10:30-11:00 am.

(Sept. 26 & Oct. 24) To apply, call Social Services



DIAL-A-RIDE - Those wishing to use this service should call **693-6876 between the hours of 8am - 12 noon, with 24-hours prior notice.**

For information or if there are any concerns, you may call the Social Services, 658-3283.

FRIENDLY VISITOR PROGRAM - Simsbury's Friendly Visitor Program is searching for volunteers, as well as for persons who need a little cheering up! If you think you might make a good visitor, or if you might like a visitor to bring a bit of sunshine into your life, please call Carolyn, at 658-3283.

HELPING HANDS PROGRAM - This program will provide elderly residents with assistance performing small jobs around the house. It is sponsored by Simsbury/Granby Rotary Club and the Interact Club at Simsbury High School. Call Social Services at 658-3283 for details.

MEDICAL EXPENSE ASSISTANCE - Is available through programs offered by Social Services. For details call 658-3283.

NOTARY PUBLIC - The Social Services secretary will notarize documents at no charge. Please **call ahead** to be sure she is available to serve your needs. (658-3283)



RENTER'S REBATE - is for persons 65 and older, and those totally disabled, if under 65. A rent rebate is given on rental expenditures for the year if income guidelines are met. Proof must be provided. **This program is offered May 15 - Sept. 15.** For further information, call **Social Services, 658-3283.**

ASSISTANCE & SUPPORT

CHOICES - Do you have questions concerning Medicare, Managed Care or Supplemental Insurance? **CHOICES** can help. This health insurance counseling is offered by trained volunteers under the auspices of the North Central Area Agency on Aging. They offer appointments at the Senior Center **on the third Friday of each month.** Call the Center at 651-9161 for an appointment. Don't forget to bring all your paperwork.

COPY MACHINE USE – we will copy for seniors who need copies of **medical, legal, or financial** documents, **ONLY**. Free!

HANDICAPPED PARKING PERMIT APPLICATIONS are available at the Senior Center or at the Social Services Department in Eno Memorial Hall.

INFO LINE – **Dial 211**. Funded through the United Way & State of CT, 211, will help you find answers regarding community services available to you.

LIVING WILLS - Forms for Health Care Agents are available at the Senior Center.

SOCIAL SECURITY REPRESENTATIVE - is here the first Wednesday of every month, 1-3 PM. **Call the Senior Center to make an appointment. Walk-ins accommodated as time permits.** If you wish to receive help over the phone, you may call in Hartford 493-0386 or 1-800-772-1213. (7am - 7pm).

VETERANS SERVICE OFFICE - Now open monthly in Town Hall. A representative will be available the 3rd Thursday of each month from 9am-Noon for questions. **Walk-ins accommodated as time permits.** For further information, please call Town Hall at 658-3200.

CLUB NEWS

NEWLY RETIRED MAN? CODGERS SEEKING NEW MEMBERS - Looking for fun, trips and gab? Join this men's group that meets at Friendly's, Route 44 in Avon, every Wednesday at 8:00am for breakfast and camaraderie. **Contact Herman Schnabel at 658-4749 for membership information.**

RETIRED MEN'S LUNCHEON - This group meets at 11:30 AM on the second Tuesday of each month from September through May at the First Church of Christ. All men are invited regardless of church affiliation, retirement status, or town residence. Lunch is prepared by the Women's Fellowship, and a program follows. **Reservations should be made by calling Dane Woodberry: 658-7996**
Meals cost \$7.

Sept. 11 - Alicia Rampellini *Mystic Seaport*
Oct. 9- Richard Blumenthal *CT Atty General*



RED HAT SOCIETY **SCARLETT O'HATTERS**

The group meets the first Wednesday of each month at 1pm in Eno Hall with the exception of September's planning meeting which will be Sept 12th. Program details are discussed.
For further information call Edna: 658-6620

VETERANS GROUP MEETINGS – New members always welcome. All meetings held in Eno Hall.

- **American Legion, Post 84:** 2nd Thursday of each month, 7:30pm. Contact Dick Dart, 658-9321 for member info.

- **VFW, Post 1926:** 2nd Monday of each month at 7:30pm. Contact Loring Johnson, 658-7962 for member info.

WIDOW'S BREAKFAST GROUP –

meets the first Monday* of every month at 9:30am at *Friendly's in Avon next to Blockbuster Video on Rt. 44*. Come, & enjoy a leisurely breakfast and friendly fellowship. For information call Marge Davis 658-7414 *(No meeting on Labor Day in September)



WIDOW'S SOCIAL FRIENDSHIP GROUP - This group provides social outlet without the "couples" pressure, and the opportunity to meet many new people. Meets on the 4th Thursday of the month.

9/27 Get Acquainted Lunch* – Lunches are held at Eno at 12:30. Bring a sandwich. Call Ellie Hankard if you need further information 693-4441.

10/25 Brown Bag Lunch* - Bring brown bag. Reservations are not required for these lunches. *Stay for the Film Fest movie shown in the Blue Room following these lunches. Don't forget to register for the movie the month before. See page 2 for movie details.

SENIOR CENTER NEWS AND OTHER INFORMATION

THANK YOU

We would like to **thank** the following people for their very generous gifts:

Fran Salvatore, Eileen Sickinger, Lucy Temperilli, Terri Kendl, Jack Bonnar, Carole Bassett & Nora Yarusewicz, for goodies for our Snack corner.

Jan Foster, Vivian Gombert, Betty Cummins, the Karpowitzs & the Hafners for magazines

Kay Bombara for funny photos of pets

Claire Webb for stationery

Otto Rudolph for flowers that brighten up the reception desk in the Senior Center office

LeLand Holcomb for book on vinegar uses.

DONATIONS WELCOME: There are many ways to leave a lasting legacy. By making a gift to the senior center in someone's memory or by adding a provision to your will, you can help us build a stronger and healthier program base for the residents of Simsbury over the age of 50. We are so appreciative of the thoughtfulness of those who suggest memorial donations be made to the Senior Center in lieu of flowers. Memorial donations help keep alive the tradition of serving older adults. Please call the Senior Coordinator 651-9161 if you have questions before making your donation.



SNOW BIRDS: Help us save on the mailing costs of newsletters. If you are away for the winter, please let us know when you are leaving so that we can change your delivery schedule. Thanks for helping us save your tax dollars! Call the Senior Center: 651-9161.

You can also read the newsletter on-line at:

www.simsbury-ct.gov/seniorcenter.htm

**Simsbury Senior Center
P.O. Box 495
Simsbury, CT. 06070**

**PRSRT STD
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